



MWR, MedStar hosts free archery program for disabled vets

Story and photo by
RACHEL PONDER
APG News

APG MWR Outdoor Recreation and the Paralympic Sport Club at MedStar National Rehabilitation Network have teamed together to host a free weekly archery program for disabled veterans and service members. The program, which started in April and runs through October, provides recreational opportunities, training for competition, rehabilitation and reconditioning for participants, who are beginner and intermediate archery shooters. Archery helps participants improve upper body strength, balance, hand-eye coordination, mental focus and more. The Paralympic Sport Club provides a coach, archery equipment and works with surrounding veterans hospitals and service organizations to encourage veterans to participate in outdoor recreation opportunities. MWR Outdoor Recreation maintains the archery range and lets the participants use the facility at no cost. Nathan Moody, a 173rd Airborne Brigade Vietnam veteran, said that he looks forward to developing his skills and spending time outdoors. “When I am out here the only thing I am thinking about is that X mark,” he said. Moody said that the coaches are helping him train for the annual National Veterans Wheelchair Games that will be held in Tampa, Fla., July 13-18. Moody added that the coaches will improvise and modify

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Vietnam Veteran Nathan Moody takes aim during a free weekly archery program for disabled veterans and services members hosted by APG MWR Outdoor Recreation and MedStar National Rehabilitation Network.

Asian American and Pacific Islander Heritage celebration set for May 20

By **RACHEL PONDER**
APG News

Team APG will present the installation’s annual Asian American and Pacific Islander Heritage Month program 10:30 to 11:30 a.m. at the Myer Auditorium, Bldg. 6000 May 20.



The theme for this year’s event is “Building Leadership: Embracing Cultural Values and Inclusion.”

The guest speaker is the Assistant Secretary of the Army for Acquisition, Logistics and Technology Heidi Shyu. Shyu serves as the Army acquisition executive, the senior procurement executive, the science advisor to the Secretary of the Army, and the Army’s senior research and development official. She also has principal responsibility for all Department of the Army matters related to logistics.

“The guest speaker is an excellent example of how no matter what your ethnic background you are capable of

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Feedback needed for CYSS survey

Sign up now for CYSS summer programs

By **RACHEL PONDER**
APG NEWS

Parents who have children eligible for APG Child, Youth and School Services programs are encouraged to fill out a short online survey by May 13. Parents can take the survey by visiting www.research.net/s/APGFMWR-CYSSPrograms2013. The 20 question survey is designed to help CYSS better serve the needs of children and their Families though the Sports, SKIESUnlimited, EDGE, and Hired! programs. “This survey will help us determine what the needs are in the APG community,” said EDGE! Program Partner Specialist and SKIESUnlimited director Conor Joyce, who helped create the

survey. “It will help us develop new programs for CYSS.” CYSS programs are available to children of active duty, civilians, retirees and DoD contractors who are Common Access Card (CAC) holders. Joyce added that CYSS programs are advertised every week in the MWR InDemand e-newsletter that is sent via e-mail to APG employees and can be accessed through the APG MWR website, www.apgmwr.com, located on the right side of the page. “The MWR website is a great resource for the most up-to-date information,” he said.

CYSS Summer programs

Joyce said that CYSS programs give children and youth a chance to learn new skills and meet others in the community who share the same interests. Joyce said that CYSS programs provide

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Salute Armed Forces Day with Team APG

By **YVONNE JOHNSON**
APG News

Dust off your flags and come celebrate America’s warfighters as Team APG hosts the 2013 Armed Forces Day celebrations set for Wednesday, May 15 at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street. Festivities begin Monday, May 13, when Ruggles Golf Course hosts the Armed Forces Day Golf Tournament and concludes Thursday, May 16 with the Military Appreciation Week Luncheon at the Richlin Ballroom in Edgewood. During each event, a Hero on the Home Front award will be presented to a civilian who goes above and beyond in supporting the military. APG organizations will present a united salute to America’s service members while displaying the many ways they equip warfighters with the state-of-the-art technologies needed to prevail on modern-day “battlefields,” according to Capt. Maritzabel Mustafaa, commander of HHC Garrison and lead organizer of the event. “We want to highlight the capabilities and mission sets of Team APG through demonstrations and displays.”

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File photo

Chapel Hill Elementary School students look at the wildlife display that was part of APG’s Armed Forces Day 2012 celebration. AFD 2013 will be celebrated on May 15th with live music, demonstrations and displays.

WEATHER
Thurs.



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ICE system
<http://ice.disa.mil/>
Facebook, <http://on.fb.me/HzQlow>



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ONLINE

- www.apg.army.mil
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STREET TALK

What does your lucky number mean?

I like the number seven because it means completion. It's just a good number and something about it has always worked for me.



Carolyn Giles
Express store supervisor

My number is five because five means grace. It means God has graced you with ability and that I have the ability to accomplish whatever I need.



Darlene Williams
Express sales associate

I like the number three because if you cut it down the middle and put the two sides together you have one zero. I just like the way things like that come together.



Daniel Clause
Subway associate

My lucky number is 13 because I was born on a Friday the 13th. It's been a significant number in my life. Everybody is frightened by the number 13 but to me it's good luck.



Angelica Guerrero
Express store manager

OPINION

Community Health Promotion Council

Today's Aberdeen Proving Ground is one of the most diverse installations in our Army. Home to more than 90 organizations, Team APG performs some of the most complex, difficult and challenging missions anywhere across our entire joint force. These missions range from testing and evaluation, to research and development, public health, Chem-Bio defense, C4ISR equipping and sustainment - and dozens more. Despite the diversity of our missions at Team APG, there is one common denominator across all of our many commands and programs: A dedicated, skilled and professional workforce of Soldiers and Civilians, along with the Families that support them.

In addition to our varied missions, we also know that our APG Soldiers, Civilians and Families have had to cope with the demands of an Army that has been in continuous combat for nearly 12 years. This has meant multiple deployments, long-hours, high-optempo, a complex and fast-changing environment and most recently, preparing for an era of reduced budgets and resources. There is no question this has been a challenging time for our APG Team and one of our most urgent priorities is to do all we can to support and enhance the health, wellness and resiliency of our people.

To help build the readiness and resiliency of our APG Team, we have established an installation 'Community Health Promotion Council' (CHPC). The mission of the CHPC is to take a holistic approach to supporting the many programs we have at APG that address the behavioral, physical, spiritual and emotional readiness and resiliency of our community. The APG CHPC includes representatives from our medical, chaplain, public health, substance abuse, suicide prevention, safety and sexual assault and harassment preven-



Just as we would plan and prepare for any mission, the readiness and resiliency of our APG Team will also require effective planning and preparation.

tion programs. With a great team of experienced professionals, the CHPC has the ability to identify what the most critical health, wellness and resiliency needs are at APG and to make recommendations to our Commanders on how to improve our efforts in each of these areas.

The CHPC will also be a key link for APG as the Army executes its service-wide 'Ready and Resiliency Campaign' (R2C). The R2C is aimed at improving Soldier, Family, Civilian and unit readiness by working to better integrate many of the Army's current efforts such as the Comprehensive Soldier and Family Fitness Program and the Chaplain Corps' Strong Bonds initiatives. APG recently hosted the Army Deputy Chief of Staff, G1, Lt. Gen. Howard Bromberg who had the opportunity to review our R2C efforts and expressed strong confidence that our program is on track. R2C will be critical to promoting the physical and mental fitness, emotional health and personal growth potential for our entire Army community and I look forward to having the CHPC's working group leaders provide their input as we conduct the R2C here at APG.

The CHPC is also a key proponent for APG's new Wellness Clinic, located at the Kirk U.S. Army Health Center. The Wellness Center opened in January 2013 and provides individualized health and physical fitness assessments, metabolic testing, nutrition counseling, weight loss management, stress reduc-

tion techniques and tobacco education. I have completed a health assessment at the Wellness Center myself and can tell you it is a tremendous resource for our APG Team members.

Just as we would plan and prepare for any mission, the readiness and resiliency of our APG Team will also require effective planning and preparation. By assessing the effectiveness of our health, wellness and resiliency initiatives, one of the most important roles the CHPC will play at APG is to ensure leaders at all levels can take proactive measures to plan, prepare and develop programs that best address the unique challenges our workforce confronts.

I encourage everyone at APG to learn more about the many health, wellness and resiliency programs we have at this great installation. For more information on the Community Health Promotion Council, or to get involved and support the readiness and resiliency of our APG Team, please contact the CHPC's Health Promotion Officer. Wendy La roche at 410-417-2312 or wendy.c.laroche.civ@mail.mil.

Take care of each other, look out for your Team Mates and let's help everyone at Team APG stay Army Strong!

Maj. Gen. Robert S. Ferrell

Commander, U.S. Army Communications-Electronics Command & Aberdeen Proving Ground

Shinseki addresses and advises grads

Excerpted from the speech by Eric K. Shinseki, Secretary of Veterans Affairs, at the Florida State University Commencement, May 4, 2013

To all our graduates—you have achieved a marvelous milestone in your lives. This is an exciting time for you and for your families. Let me suggest just a few things.

First, that curiosity is the human condition. It stimulates our search for knowledge, enabling intellectual growth for all of us. Do not let your search for knowledge end today. Remain curious about the things you don't know or understand. Make education the lifelong journey that it should be for all of us. And I guarantee—you won't be bored.

Next, whatever you end up doing, apply yourself to your tasks. Become



Shinseki

expert in them, and then, be willing to challenge all the assumptions about how those tasks are accomplished in your work. Beware the "musts," the "always," and the "onlys"—as in "we must do it this way," or "we've always done it this way before," or "the only problem with what you are saying is" These are all mostly shorthand for "no new ideas, please; not interested in change."

Challenge all those assumptions! Decide how to better achieve your mission, serve your organization, and care for its clients. Now I'm not suggesting change for the sake of change. But all good organizations must be able to adjust to changing environments. As I've said on other occasions, "If you don't like change, you are going to like irrelevance even less."

Adaptation is the art of survival, even in nature. Change is a fact of life. You can either lead change or follow others. I recommend you lead. That's what your time at FSU prepared you to do.

Finally, your degrees enable you to search for and find where the passion lies for you in your chosen fields—those things that will get you up each day, eager to get to work, and make it difficult for you to turn in each night. The world needs such passion from us.

In the future, you will be defined by the deeds you perform—by your humanity, and by your desire to make the world around you better. I can only guess at how many of us that trauma nurse helped as we passed through the 95th—hundreds, maybe thousands. I have never forgotten her.

The deeds, and the changes you bring about, will not start as monumental decisions or epic actions. They will start in your daily interactions with those with whom you work, lead, and care for. Do this well. We used to say, "People don't care what you know, until they know that you care."

[Editor's note: To see the entire text of Secretary Shinseki's presentation, go to http://www.va.gov/opal/speeches/2013/05_04_2013.asp]

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
75° 59°	80° 63°	72° 58°	68° 53°	62° 43°	65° 52°	73° 57°

APG NEWS

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Infinity Bingo, trivia, leagues and more offered at the Bowling Center

Story and photo by
RACHEL PONDER
APG News

Beat the heat this spring and summer by visiting the APG Bowling Center, and check out the center’s new activities and specials.

The Bowling Center now has Infinity Bingo; customers can purchase cards for \$1 with fourteen different ways to win. Bowling Center Manager Lora Owens said that Infinity Bingo is available at many Army installations. Customers 18 years and older can play as much as they like for as long as they like.

“It is a popular activity during lunch time; customers play while they wait for their food to be ready at the Strike Force Café,” she said.

Owens added that just in time for summer, the Café will start serving ice cream sundaes. The newest item that the Strike Force Café will be offering is a variety of ice cream (sandwiches, cones, sundaes, etc.) with a twist in the month of May; they will be offering Fried Ice Cream

In addition, due to popular demand, the APG Bowling Center will now offer summer bowling leagues. Those who are interested in joining a summer bowling league should attend a meeting at the center May 15 at 6 p.m. or May 23 at 5 p.m.

Additionally, the bowling center can be used for birthday parties, team building exercises including interoffice competitions, church fellowship nights and more.



(From left) Andrew Stevens gives Bessie Miles some bowling tips during an office team building activity at the Bowling Center May 1. Stevens and Miles are part of the CECOM LRC Power and Environmental Directorate 5-60kW Medium TQG Branch.

“This is a social, Family environment,” Owens said. “This is a place where you can meet others in the community.”

Another team-building event offered at the center is free trivia contests Wednesday evenings from 5:30 to 8 p.m. Participants are encouraged to form teams of up to six people.

The Bowling Center also offers daily and weekly spe-

cials, to customers for discounts on bowling and food at the Strike Force Café. For instance during Date Night for May couples receive two games of bowling, shoes, crab balls, fried shrimp, onion rings, wings, side salad and unlimited soda. All for \$25.00.

Owens said that in addition to planning entertaining summer activities, she is also plan-

ning ahead for the fall and winter bowling season, which is typically the busiest time for the center. She plans to promote the youth league and hopes to gain more participation and volunteer coaches. In the fall the center will also host pool league nights and have pool tournaments, she said.

The APG Bowling Center is a 12-lane facility that

is open to all active military, DoD civilians and contractors who live and work at APG. The center is located in Bldg. 2342, behind the Burger King. For more information, call 410-278-4041.

Visit www.apgmwr.com/recreation/bowling.html for more information about the Bowling Center and to obtain a calendar of monthly specials.



Want to make a difference in how services are rendered at APG?
Tell us how we are doing. Visit <http://ice.disa.mil>.
Click on “ARMY” then “Aberdeen Proving Ground.”

MARK YOUR CALENDAR

THURSDAY

**MAY 9
WOMEN’S HEALTH**

May 12-18 is National Women’s Health Week. This national observance kicks off on Mother’s Day each year and encourages individuals, families, communities, and others to work to help women learn how to achieve longer, healthier, and safer lives.

In preparation for National Women’s Health Week, the CECOM Wellness Program invites you to attend our Women’s Health Informational Session on 9 MAY 2013 where local health professionals will discuss topics such as osteoporosis, genetics, breast cancer, urinary incontinence, common prevention & treatment of physical injuries, and best stretches before & after pregnancy.

Location: Myer Auditorium, Building 6000 noon to 1:00 pm.

**THURSDAY-FRIDAY-SATURDAY
MAY 9-11
MILITARY FLEA MARKET &
VEHICLE RALLY**

The Washington Area Collectors/ Blue & Gray Military Vehicle Trust will present the 40th Annual East Coast Military Vehicle Rally and Flea Market 8 a.m. to 6 p.m. at Ripken Stadium, 873 Long Drive, off of Route 22 near the #85 Exit on I-95 in Aberdeen .

The vehicle rally and flea market typically draws huge crowds, and features hundreds of vendors and antique and present-day military vehicles and collectibles for display, swap and sale such as uniforms, boots, insignia, tents, tools, books, swords & sabers, gun parts, bayonets, repair parts, electronics, and much more. There will be a large vehicle display and a Friday night auction. The vehicle rally and flea market is held on a paved surface, is handicap accessible and is held rain or shine.

This event is open to the general public. It is especially popular with veterans, scouts, collectors, reenactors, modelers and history buffs. The rally is sponsored by the WAC/B&G MVT Chapter of the Military Vehicle Preservation Association.

For more information, call 800-730-6621 or visit the MVT website at www.militaryvehicleshows.com.

MONDAY

**MAY 13
ARMED FORCES DAY GOLF
TOURNAMENT**

Attention Golfers! What can be better than honoring our Armed Forces and enjoying a day on the links? How about....doing both at the same time! Yes, you can enter the Armed Forces Day Golf Tournament at Ruggles Golf Course on Monday, May 13, for only \$70. Activities and times are:

- 7:30 – 8:45 a.m. Golfer Registration in Pro Shop
- 7:30 – 8:45 a.m. Continental Breakfast Sutherland Grill
- 9:45 – 9 a.m. Participants Go To Assigned Carts for Welcome and Rules of the Day Brief
- 9 a.m. Shotgun Start of Event
- 9 a.m. – 1 p.m. Golfing
- 1 – 1:30 p.m. Complete & Turn-in Scorecards to Pro Shop
- 1:30 – 2 p.m. Buffet Lunch on Sutherland Grille
- 2 – 3 p.m. Presentations Honor/ Awards and Remarks

Rain date is May 14. For more information, or to register for the tournament, contact Rik Bond, Golf Course manager, at 410-278-4794

MONDAY & TUESDAY

**MAY 13 & 14
SALT TOUR RETURNS TO APG**

The Save A Life Tour (SALT) returns to APG to provide a realistic and sober perspective on the effects of driving while intoxicated. Through a drinking and driving simulator individuals can experience the effects of DWI without the consequences. Presentations, on-going videos and staff interactions will run 9 a.m. to 4:30 p.m. at the 22D Chemical Battalion bay in Bldg. E1942, in APG South (Edgewood) May 13 and 9 a.m. to 4:30 p.m. at the Mallette Mission Training Facility, Bldg. 6008 in APG North (Aberdeen) May 14.

Both events are open to the entire APG community. For more information contact Cindy Scott, Army Substance Abuse Program prevention specialist at 410-278-4013 or e-mail cynthia.m.scott4.civ@mail.mil.

WEDNESDAY

**MAY 15
ARMED FORCES DAY**

Join in the Armed Forces Day celebration, hosted by MG Nancy Price,

PEO-C3T, at Aberdeen Area Recreation Center as Team APG pays tribute to the men and women, past and present, who have served and are serving our Nation.

Planned Events

- 8 a.m., Veterans & Survivor Outreach Services Breakfast
- 10 a.m., Welcome Remarks, National Anthem, Invocation
- 10:10 a.m., Guest Speaker Remarks
- 10:25 a.m., CG Remarks, Future Soldiers/Recognition
- 10:40 a.m., America the Beautiful, Armed Forces Medley, Retire the Colors
- 11 a.m. – 3 p.m., Display/Exhibits Opens
- 11:15 a.m. – 12:45 p.m., “The Volunteers” Concert

For more information on these events, contact APG Public Affairs at 410-278-8759.

**APG BIKE TO WORK DAY
EVENT**

Compete with other APG organizations to see if you can get the most employees to Bike to Work on Wednesday, May 15, 2013.

Teams compete for the highest number of participants who bike to work in each command. The three commands with the highest number of participants will be recognized.

Step 1: Get a Team Leader . The team leader keeps track of who registered for Bike to Work Day from your command, gives the final count of participants to the Harford County POC, Alan Doran at asdoran@harfordcountymd.gov and makes sure each member of the team registers at www.harfordcountymd.gov/Bike-2Work.

Step 2: Bike to Work on May 15

- Employees can bike all or part of their commute, and are not required to be at the event location.

- Rally points will be identified off the installation for riding onto APG in groups.

- Employees can transport their bike to work and ride to the Rally point for the Bike to Work Day Celebration at APG.

Cycle Smackdown Registration is due no later than COB May 10, 2013, with the team leaders reporting all information.

For more information, contact gale.m.sauer.ctr@mail.mil or 443-861-9260.

THURSDAY

**MAY 16
SAVINGS AND CHECKING
MANAGEMENT**

During these times of fiscal uncertainty, choosing the right banking options has become even more essential. Managing your checking and savings account properly is also very important.

The CECOM Wellness Program invites you to attend our Saving and Checking Management Information Session presented by the APG Federal Credit Union where Claudia Holman, Business Development Director, will discuss these topics, as well as give tips on other banking tools that can be used to improve your daily life. Location: Myer Auditorium, Building 6000 noon to 1:00 pm.

SATURDAY

**MAY 18
VA MARYLAND HEALTH CARE
OPEN HOUSE**

The VA Maryland Health Care System will host an Open House & Information Fair 10 a.m. to 1 p.m. at the Fort Howard VA Outpatient Clinic located at 9600 North Point Road, Fort Howard, Md. Anyone who served in the armed forces and received an honorable discharge may qualify for health care benefits from the Department of Veterans Affairs. During the fair, VA staff will be available to answer questions and help veterans complete health care applications and veterans and their family members can visit information displays to learn more about VA compensation benefits and available health care services.

To apply for VA health care during the Open House & Information Fair bring a copy of your discharge paperwork, DD Form 214, a photo ID and financial information from the previous calendar year. Expedite the process by accessing the application for health benefits (VA Form 10-10EZ) on the VA Maryland Health Care System website at www.maryland.va.gov.

For more information call the VAM-HCS Community Outreach Office at 1-800-949-1003, EXT 6071 or e-mail VAMHCSPublicRelations@va.gov.

MONDAY

**MAY 20
ASIAN PACIFIC HERITAGE
OBSERVANCE**

Team APG presents the Annual Asian American & Pacific Islander Heritage Observance starting 10:30 a.m. at the Myer Auditorium Bldg. 6000.

The guest speaker is Heidi Shyu, Assistant Secretary of the Army for Acquisition, Logistics, and Technology.

The 2013 theme is “Building Leadership: Embracing cultural values and inclusion. Events will include educational and informational displays and exhibits, entertainment and a food sampling. For more information, contact the following:

Tracy Marshall, Installation EOA, 410-861-4366; Sgt. 1st Class Ryan Cole, 20th Spt. Cmd., 410-436-0320; Sgt. 1st Class Howard Norcross, ATEC, 443-861-9251; David Xin, CERDEC, 443-395-8123; Sheryl Coleman, ARL, 410-278-5964; Shauna Mintz, ARL, 410-278-9020; or Linda Patrick, USAPHC, 410-436-1023.

THURSDAY

**MAY 21
STRESS AND NUTRITION**

The CECOM Wellness Program invites you to attend our Stress and Nutrition Informational Session where Dr. Jen Kordonski, Optimal Spine Chiropractic, will discuss the “secrets” to stress management as well as how stress and poor nutrition affect your overall health.

Location: Myer Auditorium, Building 6000 at 12:00- 1:00 pm.

DAU-SSCF GRADUATION

The Defense Acquisition University - Senior Service College Fellowship (SSCF) announces the graduation ceremony for the 2012-2013 class. The ceremony will take place on May 21 at 11 a.m. in the Mallette Hall Auditorium, Bldg. 6008. The graduation ceremony marks the culmination of ten months of full-time, rigorous study focused on developing acquisition and leadership attributes. Each of the graduates completed additional academic studies and will be receiving a Master’s Degree in Management and Leadership from Webster University. The Webster University work was undertaken and completed in concert with their SSCF curricular requirements. A short reception will follow. Please RSVP to James Oman at James.Oman@dau.mil or 410-272-9470.

THURSDAY

**MAY 23
WOMEN AND INVESTING**

The CECOM Wellness Program invites you to attend our Women and Investing Informational Session.

In this session, Michelle Rackey, ChFEBC, Executive Director, GEBA, will discuss the unique financial challenges that women face when trying to manage their finances. It can be difficult to establish your retirement plan in this type of economy. Getting the facts and education to make informed decisions is imperative to maximize your finances.

Location: Myer Auditorium, Building 6000, from noon to 1:00 pm.

SUNDAY

**MAY 26
MCVET 10K RACE**

The Maryland Center for Veterans Education and Training will host the 18th Annual 5/10K races Memorial Day weekend, 7:30 a.m. and 8:30 a.m. starting from the War Memorial Building near City Hall in Baltimore. Award ceremony includes trophy and cash awards by age group. All registered runners receive a T-shirt; refreshments will be provided. Race entry fee is \$25; \$30 the day of the race. Register through Charm City Run event coordinator Kelly Dees at 410-308-1870 or www.charmcityrun.com or through MCVET at www.mcvet.org or on Facebook at www.facebook.com/MCVET.Baltimore.

THURSDAY

**MAY 30
RESTORATION ADVISORY
BOARD**

The next RAB meeting will be held on May 30 at 7 p.m. at the Ramada Conference Center in Edgewood. The topics will Canal Creek and New O Field.

READING FOOD LABELS

(LIMITED SEATING-REGISTRATION IS REQUIRED)

The CECOM Wellness Program

invites you to attend our Reading Food Labels Informational Session. Gale Sauer, BA RN FCN MSN-ATSS

ATEC Health & Wellness Coordinator, will discuss the importance of reading food labels, explain what each section of the label means in relation to health and nutrition, as well as provide tips on how to make better food choices by reading labels.

Location: APG, MD-Location TBA with Registration, from 11:30 a.m. to 12:30 p.m.

FREE VISION SCREENINGS

The CECOM Wellness Program invites you to attend our Free Vision Screenings and Eye Health and Wellness Education Booth, sponsored UnitedHealthcare Vision.

The vision screening consists of 3 painless tests that will assess your color perception, visual acuity, and peripheral vision.

The participants will receive an Amsler Grid and instructions on how to test your vision at home. The Amsler Grid is a useful tool to detect certain visual disorders such as macular degeneration and glaucoma.

Additional Eye Health and Wellness information offered will include:

-At Risk Assessment Evaluation – Are you at Risk for Eye Disease?

- Simple Tips for Healthy Eyes
- Computer Vision Syndrome
- Heart Disease and Eyes
- Diabetes and Eyes
- Glaucoma
- UV Radiation and Your Eyes

Please Note: These vision screening procedures are NOT a complete professional examination and should not be taken as such. Only a comprehensive eye and vision examination can evaluate your overall eye health and vision status. The American Optometric Association recommends a dilated eye exam every two years for adults under 60 years of age; adults 61 and older, every year.

Location: MTF Auditorium Lobby, Building 6008, 11:00 a.m. to 1:00 p.m.

**MAY & JUNE
LISS GRANT WORKSHOPS**

The Aberdeen Proving Ground Exceptional Family Member Program will hold LISS Grant Application Assistance Workshops in May and June. The workshops will be held 11:30a.m. to 1 p.m. in the Meeting Room at the APG South (Edgewood) recreation center, Bldg. E4140, May 21 and June 18. Additional workshops will be held 11:30 a.m. to 1 p.m. in Room 104 at the APG North (Aberdeen) recreation center, Bldg. 3326, May 29 and June 26.

Participants will be provided LISS applications and assistance in completing the forms and should bring evidence of Maryland residency (bills), and documentation of disability (medical or educational) with them.

Registration is required for participation. To reserve seating, contact Nancy Goucher of the Army Community Service EFMP, at 410 278-2420 or e-mail nancy.e.goucher.civ@mail.mil. All military and civilians with special needs Family members are encouraged to attend.

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**MORE
ONLINE**

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MRICD’s semi-annual review spotlights research accomplishments

MRICD Public Affairs

In early April, the U.S. Army Medical Research Institute of Chemical Defense (MRICD), at Aberdeen Proving Ground, Md., conducted the Commander’s Semi-Annual Review, a two-day event in which the institute’s lead scientific program advisors provide updates on product development and exciting new research to its stakeholders and partners in the chemical defense research program.

This year’s review was attended by 65 external stakeholders representing 23 federal and private organizations. Among the organizations represented were the Joint Program Executive Office, the Defense Threat Reduction Agency, the National Institutes of Health, the Department of Homeland Security, the Uniformed Services University of the Health Sciences, the Army Public Health Command, and the Army Medical Research and Materiel Command. MRICD’s headquarters.

In the Analytics Research Program Area, Dr. Benedict Capacio highlighted progress on the development of a new field kit for urine and environmental water sampling for the detection of chemical warfare agents, and on the use of biomarkers to verify human exposure to these agents as well as to vesicant agents. Capacio also provided an update on the establishment of a new Absorption, Distribution, Metabolism, Elimination, and Toxicity (ADME/T) Center of Excellence, which will serve the Chemical and Biological Defense Program and the Chem-Bio Defense Enterprise.

A team of scientists, led by Dr. Albert Ruff, provided an overview of research and development efforts in the Toxicants Research Program Area. Ruff’s briefing focused on progress in the development of medical countermeasures for sulfur mustard and toxic industrial chemicals, such as chloropicrin and hydrogen fluoride, to include the identification of potential new therapeutic targets for treatment of injury to the eyes and skin following exposure. Efforts to combat the effects to the lungs and respiratory track of inhalation exposure to sulfur mustard, phosgene, and phosphine were described by Dr. Dorian Olivera. In particular, his briefing discussed collaborative work conducted with investigators at the University of Colorado at Denver showing that tissue plasminogen activator has significant promise as a therapeutic for the treatment of inhalation sulfur mustard exposure and that systems biology approaches have identified potential

therapeutic targets for the treatment of phosgene exposure.

Dr. Gary Rockwood presented progress on the development of medical countermeasures for cyanide poisoning. In collaboration with researchers at the University of California, San Diego, and the University of California, Irvine, several potential countermeasures are in development, including dimethyl trisulfide, cobinamide, and sulfanegen.

Dr. Michael Adler presented data showing that insulin-like growth factor 1 is effective in treating the muscle atrophy caused by poisoning with botulinum neurotoxin.

Several research projects in the Nerve Agent Countermeasures Program

Area were discussed by Dr. John McDonough. The focus of these projects is to identify and evaluate therapeutic compounds that can be given before and/or after nerve agent exposure to improve survival, reduce morbidity, and enhance post-exposure neurological function. A research team at MRICD has demonstrated the effectiveness of scopolamine, an anti-cholinergic drug that crosses into the brain, as an adjunct to the

standard medical countermeasures contained in the currently fielded autoinjectors. In addition, research into drugs that more effectively reactivate acetylcholinesterase, the enzyme inhibited by nerve agents, leading to seizures and death, is showing tremendous promise.

The highlight of the Agent Mitigation Research Program is the development of bioscavengers, protein-based compounds that detoxify nerve agents as they enter the bloodstream. Dr. Douglas Cerasoli presented data on a collaborative project with researchers at the Weizmann Institute in Israel; these data illustrated the progress that has been made in the development of a catalytic bioscavenger, which are enzymes that have been engineered to rapidly break down nerve agents in circulation after exposure. Progress in this area is significant because catalytic bioscavengers can continuously destroy the nerve agent, thereby requiring less enzyme than the initial bioscavengers developed.

The MRICD is transforming to respond to future requirements by developing research teams comprised of MRICD scientists and eminent researchers from academia, industry and other government laboratories to develop medical chemical defense solutions for the warfighter and civilian populations at risk.

The highlight of the Agent Mitigation Research Program is the development of bioscavengers, protein-based compounds that detoxify nerve agents as they enter the bloodstream.

Mil-to-mil couples must now ‘opt-in’ to Family SGLI coverage

By **JIM GARAMONE**
ARNEWS

Service members married to other service members are no longer automatically enrolled in the Family Service Member’s Group Life Insurance program, Pentagon officials said. They must now opt into the coverage.

The change was effective Jan. 2, and to date affects about 4,500 service members, said Coast Guard Cmdr. Kristen Martin, who heads the Defense Department’s SGLI policy office. She spoke during an interview with American Forces Press Service and the Pentagon Channel.

Martin emphasized that no changes have been made to the Service Member’s Group Life Insurance, or SGLI, program, in which all service members are enrolled. SGLI provides up to a \$400,000 payment to a service member’s beneficiary, while the Family SGLI term insurance benefit provides a payment to a service member of up to \$100,000 upon the death of a spouse or \$10,000 for dependent children.

The Veterans Affairs Department administers the program.

There are no changes for personnel who were auto-enrolled before Jan. 2, nor are there changes for military members married to civilian spouses, Martin said.

“If you were married to another service member on Jan. 1 or before, there

are no changes to your [Family SGLI] coverage,” she added.

Congress recognized that most service members already have \$400,000 in coverage per person, and that the beneficiary receives that money, Martin explained.

“In a member-to-member couple, spouses are no longer automatically enrolled in Family SGLI,” she said. “They must now opt into the program by filling out the proper forms and submitting those for processing.”

Forms are available at all military finance offices. For a spouse 35 years old, the Family SGLI premium is \$5 a month.

Federal law does not recognize same-sex partners as spouses, so the program does not apply those couples.

“A service member could, though, designate their same-sex partner as a beneficiary for their regular SGLI insurance policy,” Martin said.

Dual-service-member couples should ensure the marriage is reported in the Defense Enrollment Eligibility Reporting System, Martin said.

“Ideally, each person in a member-to-member marriage will note that their spouse is an active duty service member,” she said. Sometimes, she noted, service members forget to do this.

Martin also urged service members to check their leave and earnings statements to ensure they are enrolled or not, and that they are paying the correct premiums.



Manuela Perez KUSAHC Industrial Hygienist

Manuela Perez is an industrial hygienist for Kirk U.S. Army Health Clinic. Perez surveys work areas on post to identify and evaluate physical, chemical and ergonomic occupational exposures and hazards.

The mission of the KUSAHC Industrial Hygiene Office is to provide support to the Warfighter, conserve resources, and enhance readiness by anticipating, recognizing, evaluating and controlling health hazards where both military and civilian personnel work and serve, in accordance with the Occupational Health and Safety Administration (OHSA) and other applicable directives and regulations.

Perez has worked for KUSAHC for four and a half years. Prior to that, she served in the Army for 21 years as an environmental health technician. Perez said that she was drawn to this line of work because she loves science and has a desire to help others.

“What I enjoy most about my job is the ability to provide a service for the health maintenance and improvement of military and federal employees,” she said. “I am serving to heal, I

am honored to serve.”

Perez has a bachelor’s degree in science from the University of Puerto Rico. She also received training from the U.S. Army Public Health Command in industrial hygiene principles, laser and radio frequency radiation hazards, defense occupational and environmental readiness system-industrial hygiene, applied ergonomics, design and blueprint review. Other training includes hazard communication, respiratory protection, hearing protection and conservation.

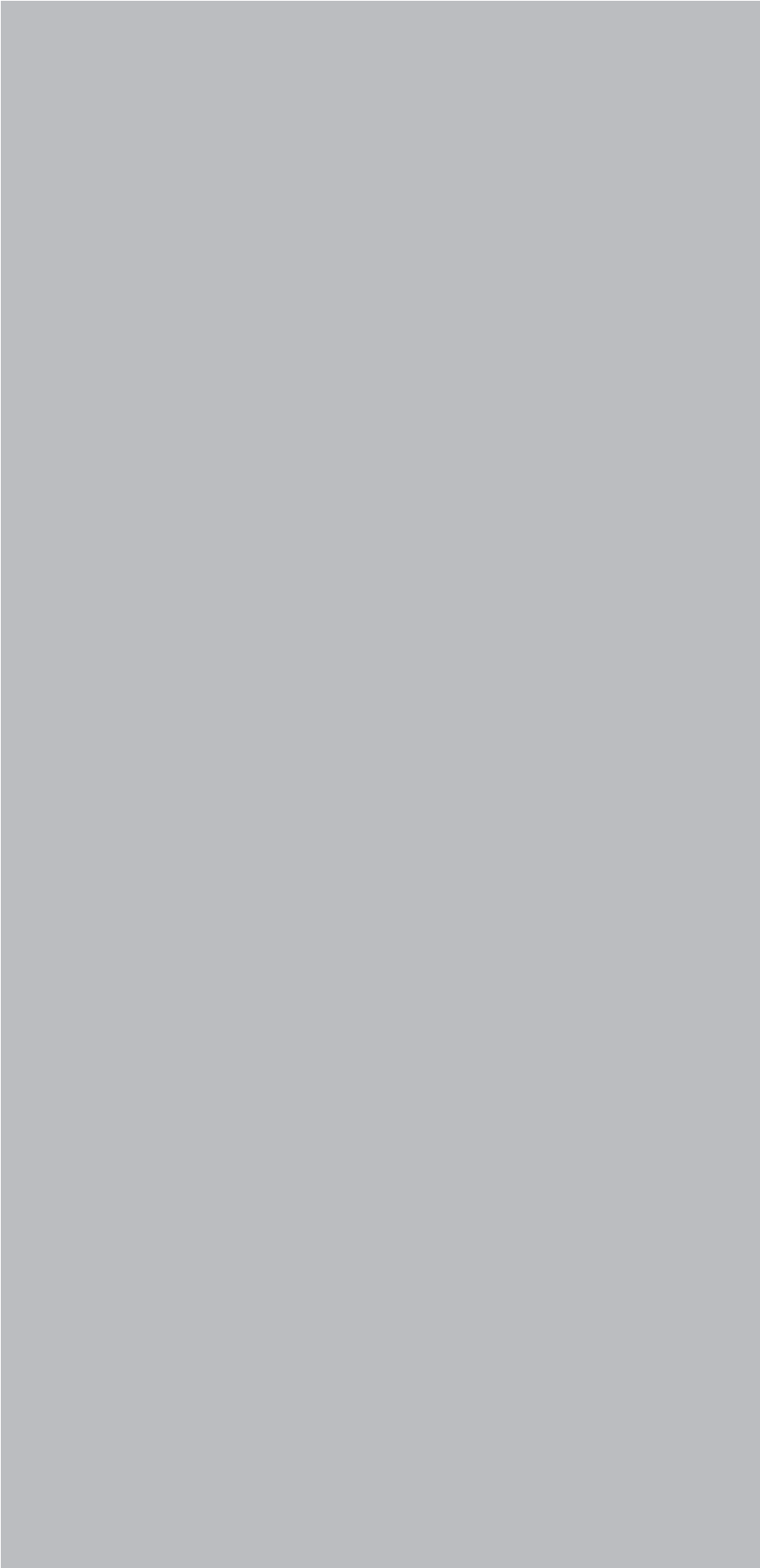
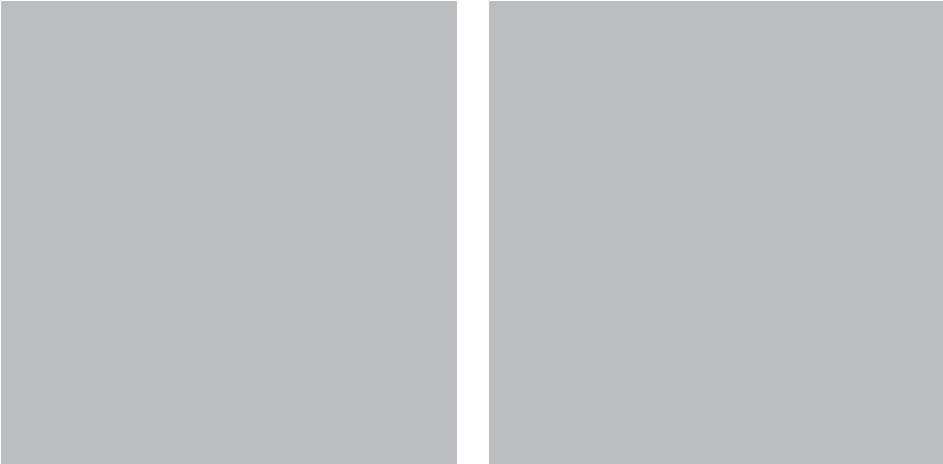
To schedule an appointment for Perez to survey and evaluate workplace operations call 410-278-1846.

Perez works in KUSAHC, in Bldg. 2501 on Oakington Street, room 270. Hours of service are Monday-Friday 7 a.m. to 5 p.m. For more information call Perez at 410-278-1844 or e-mail Manuela.c.perez4.mil@mail.mil, or visit <http://kusahc.narmc.amedd.army.mil/Pages/industrialhygiene.aspx>.



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Retiring logistician remembered as a role model of excellence

By **MEG CARPENTER**
PEO C3T

Throughout her career, Catherine Wodzisz has supported the efficient fielding and sustainment of state-of-the-art equipment. On May 3, she will retire from a 35-year career in government service, with an esteemed reputation in the logistics community.

“She is an outstanding logistician,” said Robert F. Golden, who was the project manager for Tactical Radios Communications Systems (PM TRCS), during Wodzisz’s tenure with the organization. “If you wanted to know something about logistics, you went to Cathy.”

During recent interviews, Wodzisz’s employees and colleagues complimented her program management and leadership abilities.

“When I was a team lead and just getting my bearings in the PEO, Catherine was a ‘go to’ employee who could provide detailed programmatic updates at a moment’s notice,” said Jeff Forgach, about his first experiences working with Wodzisz in 1988 at Project Manager, Single Channel Ground and Airborne Radio Systems (SINCGARS). SINCGARS radios provide voice and data communications to Soldiers in ground and air platforms and to those on foot.

Jay Herod was an integrated logistics manager who worked for Wodzisz from 2003-2004 while she was the chief of logistics for PM Tactical Radios Communications Systems (TRCS).



“Her overall logistics supervisory responsibilities were instrumental in achieving logistics readiness for the SINCGARS family of radios,” said Herod. “She supervised logistics personnel who provided worldwide support for this family of systems. During the early years of Unit Set Fielding (USF), Cathy ensured an entire complement of systems were sustainable and provided to all deploying units supporting Operation Iraqi Freedom and Operation Enduring Freedom.”

USF is a synchronized approach to fielding a vast range of capabilities that span Army Team C4ISR.

Wodzisz has served in several logistics positions, including as a Readiness Management Division chief for the now disestablished PM TRCS. Many of PM TRCS’ satellite communications and radio capabilities exist today in the portfolios of PMs Warfighter Information Network-Tactical and Tactical Radios. Both organizations are assigned to the Army’s Program Executive Office, Command, Control and Communica-

“Cathy’s vision to invest in long term sustainment strategies for radios and other systems will be a lasting legacy to Warfighters and considered a model for the next generation of data radios in the force structure.”

Jeff Forgach - Readiness management chief, Project Manager, Joint Battle Command-Platform

tions-Tactical (PEO C3T).

Since October 2010, Wodzisz has been assigned to the PEO C3T’s Special Projects Office or SPO (which disbanded in 2012) and served as the senior logistics manager in support of capabilities that have enabled Soldiers and first responders in various terrains to communicate anywhere in the world. She independently developed and integrated a depot level maintenance capability at Fort Dix, N.J., to repair and upgrade Global Rapid Response Information Package equipment through economical use of cannibalized parts of obsolete equipment.

Wodzisz was instrumental in implementing logistics support that allowed Warfighters to communicate with a single, world-wide Internet Protocol address in austere regions not supported by a network infrastructure. Her service helped advance capabilities to Soldiers, Sailors, Airmen and Marines throughout the world.

“We’ll miss her expertise and knowledge,” said Patricia Allocca, program analysis officer and advisor to the PEO

C3T Business Management Division, a colleague who also worked for the SPO at Fort Dix, N.J. “She’s a team player who works well with people and is an all-around nice person.”

The veteran logistician has been referred to as a role model for logisticians.

“Cathy’s vision to invest in long term sustainment strategies for radios and other systems will be a lasting legacy to Warfighters and considered a model for the next generation of data radios in the force structure,” said Forgach, who is now the readiness management chief, Project Manager, Joint Battle Command-Platform.

“She is one of the most professional, most respected people in her field,” said Jerry Harper, Readiness Management Division chief for PM WIN-T. “People from the Command, Control, Communications, Computers, Intelligence, Surveillance, and Reconnaissance (C4ISR) community and Department of the Army call her for logistics advice. She’s that good. Her retirement is a big loss for the entire Army community.”

PEO IEW&S well represented during annual Federal Awards Ceremony

By **BRANDON POLLACHEK**
PEO IEW&S PAO

With five members of the Program Executive Office for Intelligence, Electronic Warfare and Sensors receiving 2013 Excellence in Federal Career Awards sponsored by the Baltimore Federal Executive Board (FEB), they have continued a run of PEO IEW&S members that have been recognized during the past few years.

The purpose of the program is to honor outstanding federal employees, who have performed exceptional and meritorious work with high standards of performance in the federal government. Mary McEntee, Samantha Venetz, Karen Foley, Michael Madden received Bronze level awards from the FEB while Rachel Tomlinson was honored with a Silver level award. This group was among the more than 200 federal employee recipients throughout the greater Baltimore area that were honored on May 3.

“Receiving these five awards from the Baltimore Federal Excellence Executive Board is extremely special given the fact that PEO IEW&S has only been fully operational for about two years here at Aberdeen Proving Ground following BRAC,” said Stephen Kreider, Program Executive Officer for IEW&S. “These awards not only highlight the accomplishments of the great individuals and teams within PEO IEW&S, they also recognize the life saving systems that we provide our Soldiers, Sailors, Airmen and Marines that are serving in harm’s way.”

McEntee, a Security Manager, received

“Receiving these five awards from the Baltimore Federal Excellence Executive Board is extremely special given the fact that PEO IEW&S has only been fully operational for about two years here at Aberdeen Proving Ground following BRAC.”

Stephen Kreider - Program Executive Officer for IEW&S

a Bronze Award in the Outstanding Para-Professional Administrative/Management category. During 2012 McEntee served as the sole individual assigned to the oversight of physical and information security within the Project Manager Airborne Reconnaissance and Exploitation Systems office. She enabled the secure management of classified Army programs without restricting the high operations tempo involved in the programmatic operations that field and sustain critical intelligence assets for deployed forces.

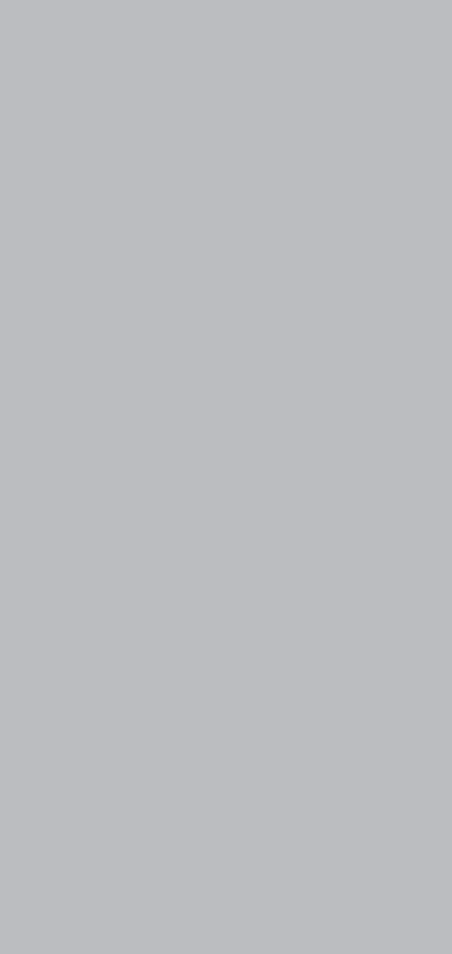
Venetz, an Administrative Officer for PEO IEW&S, earned the Bronze Award in the Outstanding Administrative Assistant category. Venetz was recognized for providing support to the PEO’s Chief Financial Officer and at times for the organizations commander ensuring there were no deviations from the daily operations/duties of the PEO. The business Management Division relied on her support to review and process Foreign Military Sales Budget Execution Status Reports, Army Budget Office data calls

and she assisted in the use of the Defense Travel System by PEO members.

Foley, a Program Analyst serving the Business Management and Contracting division (BMC) of PEO IEW&S, won the Bronze Award for the Outstanding Professional (Non-Supervisory) Administrative, Management category. Foley’s experience ensured a successful crosswalk from legacy systems into the Army’s new business processes and General Financial Enterprise Business System (GFEBS). She championed PEO IEW&S’ exploitation of the GFEBS system’s industry-wide best practices, scheduling of training for PEO end users and provided knowledgeable contributions to system troubleshooting which paved the way to execute millions of dollars immediately in the new system. Due to Foley’s completion of GFEBS training, she single-handedly processed all required year end transactions not only for the PEO HQ budget office, valued at over \$19 million, but for the supporting six Program Managers.

Madden, who retired as the Director of Contract Planning for PEO IEW&S, was honored with the award for Distinguished Public Service Career. Madden recently retired after serving the federal government for 32 years in positions of Deputy Test Manager for Aerial Common Sensors (ACS); Product Manager for Robotic Unattended Sensors; Lead Engineer for Test Manager Firefinder; Deputy Product Manager Combat Identification; Deputy Product Manager for Forward Area Air Defense Sensors and Deputy PM for ACS.

Tomlinson, Program Analyst for BMC division for PEO IEW&S, was recognized with the Silver award within the Rookie of the Year Administrative/Management Analyst category. Due to the confidence leadership had in her abilities, Tomlinson was assigned the role of Foreign Military Sales (FMS) point of contact for the PEO. This position required her to develop and maintain relationships with the PMs, Army Budget Office (ABO), and the G8 office of the Communications-Electronics Command (CECOM). Additionally, she was made responsible for preparing and consolidating the 50/50 Depot Maintenance Workload Distribution Report which after finding discrepancies, Tomlinson independently set up an internal process team where she met monthly with the Director of Logistics to review the 50/50 report for completeness and accuracy from the PMs. Since implementing the internal process team, PEO IEW&S has continually produced accurate monthly reports for HQ AMC up to the Army.



Thrift Store finds

APG Thrift Store Volunteer Georgina O’Brien sorts through some spring clothes. The store’s wares include jewelry, clothes, furniture, toys, electronics, collectibles and cookware. Anyone can shop or donate items using the donation box outside the facility. Proceeds from the store support the local community. The APG Thrift Store is located on APG North in Bldg. 2458, next to the child development center. Hours are Wednesdays 11 a.m. – 6 p.m. and Thursdays from 10 a.m. to 2 p.m. Call 410-272-8572 for information. Volunteers are always welcome.

Photo by Rachel Ponder

Army researchers test around the world in 26 chambers

ECBC

In a given work day Audrey Moberly and Greg Carter can visit the tropics, freeze in the Arctic or survive a sandstorm.

As engineers within the Environmental and Field Test Branch, they spend time walking in and out of the branch's 26 environmental test chambers, assisting groups within and outside of the U.S. Army Research, Development and Engineering Command's chemical and biological center to ensure military equipment-from backpacks to masks and detectors-can withstand any natural elements.

"We are here to do the hard testing to ensure that the equipment being sent to our Warfighters can last through harsh environmental elements," said Moberly, who has been with the Edge-wood Chemical Biological Center for 17 years. The testing chambers include temperature/humidity, salt fog, sand/dust, solar radiation, altitude, hot environmental, cold environmental and rain. The temperature chambers range from negative 60 degrees Fahrenheit to 300 degrees Fahrenheit with humidity levels ranging from two to nearly 100 percent.

"There are many elemental factors that engineers need to be mindful of when creating and designing a product. It goes beyond just the climate of the area where they will be using the equipment," said Moberly.

"We have to account for the travel to the location. For example, will be driven through a mountain terrain in a box at the back of a hot vehicle for a couple hours, or maybe a small cold space? Our facilities simulate everything from the final destination climate to any natural factors that could pose a problem while traveling there."

The group uses shock, vibration and rough-handling testing to simulate the travel of equipment. "We are able to test secured steady state or transient vibration and loose cargo tests," said Carter.

Vibration testing is controlled in a sep-



Army photo

Military equipment from masks to backpacks and detectors are tested for durability against some of nature's toughest elements.

arate room with computer analog equipment where the engineers can observe the testing environment, and adjust conditions. The group can videotape testing for future documentation. The vibration testing complies with the American Society for Testing of Materials Test Standards and Military, Federal and Commercial test standards. In case a precious piece of equipment falls, EFTB's Drop Tests can be conducted from up to 40 feet. EFTB can also conduct Altitude Testing, which is a low pressure test that can be conducted up to 45,000 feet. One version of the Altitude Test is a Rapid Decompression to simulate a sudden loss

of pressure in an aircraft. EFT's testing facilities have been used to test the Joint Service Aircrew Mask, Joint Service General Purpose Mask, RV vehicles for the Joint Program Manager for Nuclear, Biological and Chemical Contamination Avoidance, and many others.

"We support other teams and branches with testing their equipment. Our space is always here," Moberly said. Sometimes the space might be used, but not the chambers.

Recently, members of ECBC's Test, Reliability and Engineering Branch and the Project Manager for Force Protection utilized the large space in EFT's ware-

house to test their Lighting Kit Motion Detectors. The group needed a large space with enough room for someone to run around and test the sensors, a task that is typically done outdoors. Due to cold weather the group was still able to conduct the testing they needed indoors.

As resources change, equipment needs to be sent to Warfighters faster and be more durable for whatever comes. Environmental and Harsh Testing complies with Military Standard 810G of Materials Test Standards. "We can replicate almost any environment on Earth," said Moberly. "Just tell us where you want to go."

Children join parents at work, learn importance of Army testing

Story and photo by
SANDY GIBSON
ATEC

Employees of the U.S. Army Test and Evaluation Command participated in the "Take our Daughters and Sons to Work Day" at the ATEC Headquarters building April 25.

This year marked the first year ATEC held the event at its new location and offered a broad schedule of activities to make the day successful for approximately 80 children. Employees were invited to bring their daughters, sons, relatives, and friends between the ages of six and 18.

"The children learned that even though their parents may sit at a desk with a computer, their work has a far-reaching effect," said Benita Bryant, Equal Employment Opportunity intern specialist. Youngsters got a first-hand look at the stationary work that goes into a project before testing is done. Bryant also added the importance of continual work was emphasized to them. Participants were shown that not all projects are completed in a week or a month, but instead some involve constant testing and improvements to make equipment better and safer for our service members.

Activities ranged from drawing pictures of what children thought their parents did at work to static vehicle displays to trying on combat gear. The TA-50 (field clothing) demonstration gave children a visual of what Soldiers wear in battle and show them some gear is actually tested by their parents here at APG, said Bryant. "The closest some children get to a real Soldier is on television."

Hands-on activities covered the remainder of the day and were designed to give children a clearer picture of the kinds of vehicles and equipment their parents test. The children were able to wear combat gear, toss dummy grenades, and simulate firing an M-16 rifle. There were also vehicle displays of a Stryker Mobile Gun System armored vehicle and a Buffalo Mine-Protected vehicle.

Children and parents alike were equally excited about spending the day together. Parents were eager to show their sons and daughters what they do



Dominique LeGrand, 6-year-old daughter of Sgt. 1st Class Shaniqua Davis, military evaluator, U.S. Army Evaluation Center, tests out Army field gear during the "Take our Daughters and Sons to Work Day" held at the ATEC Headquarters on Aberdeen Proving Ground April 25.

and how the work they perform is critical to the mission of the Army.

"I was able to give my son a good overview of the ATEC mission within the Army and my work in particular as a bio-surety specialist," said Laurie Fazekas-Carey, bio-surety specialist in the G-2/3/7. "I explained to him that we have a responsibility to the Army's test and evaluation community and, ultimately, the support of the Soldier as our charge."

At the end of the day, the children were able to compare and contrast what their parents actually do versus what they thought they did.

"I learned that my Dad helps the military and he makes things for the military that helps them stay safe and won't die," said Kaelyn Brewer, 9-year-old daughter of Kristopher Brewer, process improvement specialist in the G-5.

The day culminated in the children having their photos taken as they were

presented with certificates by Maj. Gen. Genaro Dellarocco, commanding general of ATEC, and Command Sgt. Maj. Allen Fritzsching, ATEC command sergeant major.

ATEC is already planning the next "Take our Daughters and Sons to Work Day" slated for April 24, 2014. They hope to have more children and many more activities, said Bryant.

"Take our Daughters and Sons to Work Day" is an annual event held the fourth Thursday each April. This year marked the event's 20th anniversary. Founded by Gloria Steinem and the Ms. Foundation for Women (a non-profit organization also founded by Steinem), the annual event started in New York in 1993. The event initially began as the "Take our Daughters to Work Day" and was designed to address self-esteem issues unique to girls. It expanded in 2003 to include boys.

May is National Military Appreciation Month

IMCOM

The President of the United States has proclaimed May as National Military Appreciation Month to remind Americans of the importance of the U.S. Armed Forces in history.

It is a symbol of unity, honoring today's military men and women, veterans and those who paid the ultimate sacrifice in the defense of freedom.

The U.S. Army Installation Management Command salutes those who serve -- their strength, commitment and unwavering service to this nation. This year's theme is "The United States Armed Forces: The Strength of the Red, White and Blue."

Throughout this month-long observance, which is focused on the theme of strength, IMCOM is highlighting events promoting fitness and team building -- some of the pillars of resiliency, according to organizers.

National Military Appreciation Month is an opportunity for Army leadership at every level to raise awareness of service members' contributions both on and off post, as well as deepen partnerships that support resilience and enhance the total wellness of the force.

For additional information about National Military Appreciation Month, visit www.nmam.org.

**Tell them
you saw
it in the
APG
News**

AROUND THE FORCE

Army Strong B.A.N.D.S. to play national fitness month of May

Story and photo by
TIM HIPPS
IMCOM Public Affairs

Get fit. Eat better. Feel better. Be better.

Army Strong B.A.N.D.S. is back. The largest Army Family and Morale, Welfare and Recreation campaign of the year pushes Soldiers, their Families, and Department of Defense civilians to focus on Balance, Activity, Nutrition, Determination and Strength – to get up, get out, get busy exercising, eat better and commit to a healthier lifestyle.

The U.S. Army Installation Management Command program began May 1

with 71 locations participating during the National Physical Fitness and Sports Month of May. Locations Army-wide will promote programs and activities that support Soldier and family resilience and encourage individual fitness.

“Strong-Ready-Resilient Soldiers, Families and Communities” is the theme of the 2013 Army Strong B.A.N.D.S. campaign.

Several wounded Soldier-athletes in the U.S. Army World Class Athlete Paralympic Program personify the third-annual Army Strong B.A.N.D.S. campaign: Team USA sled hockey goalie Sgt. Jen Lee, archer Staff Sgt. Steve Bosson, swimmer Spc. Elizabeth Wasil, and sprinter Sgt. Jerrod Fields. They are the poster Soldiers for the 2013 Army Strong B.A.N.D.S. campaign.

Each participating location can select at least three fitness activities or events it chooses to implement.

“They pick a minimum of three events that they want to highlight,” Strong B.A.N.D.S. coordinator Carole Herr explained. “We’re not asking them to create new programs – just to highlight existing programs to help generate extra buzz and participation in a class or program that already exists.”

This program takes “Army Strong” to a whole new level.



U.S. Army World Class Athlete Paralympic Program swimmer Spc. Elizabeth Wasil wins five events during the 2013 Texas Regional Games at Trinity University April 14.

el. In 2012, more than 29,000 Army customers participated in more than 200 Strong B.A.N.D.S. events around the world. Eighty-eight percent of the garrison program managers reported that the campaign energized members of their communities and encouraged them to make healthy lifestyle choices. The same group unanimously agreed that a good time was had by all participants.

“We at Fort Huachuca love putting on fitness activities,” said Leslie Woods, chief of Sports, Fitness and Aquatics at Fort Huachuca, Ariz. “The added emphasis of May being the National Sports and Fitness Month just further encourages folks to get out and move for recreation. It’s the best time of year to be outside in southern Arizona.”

The timing of Strong B.A.N.D.S. is perfectly aligned with increased beach-body awareness at U.S. Army Garrison Camp Darby in Livorno, Italy.

“As you may know, we are a very small base and our community operates in a different way

than larger bases.” Camp Darby fitness specialist Ken Owen said. “This is a tightly knit ‘family’ community that really comes together to participate in all the incentive programs we deliver. As it begins to warm up, Strong B.A.N.D.S. programming and May really bring out the energy to cheer for the opening of the pool. And, really, to get the beach body back.”

Much the same sentiment echoes across Italy.

“The Strong B.A.N.D.S. program intensifies U.S. Army Garrison Vicenza’s values and commitment in being healthy, strong, fit, and ready for action,” said John Hamilton of the U.S. Army Garrison in Vicenza, Italy. “At the end of the day, we are Soldier-athletes first and foremost. And our desire is to take performance to the next level.”

The drum promoting Army Strong B.A.N.D.S. beats just as loudly in Germany.

“Strong body, strong mind,” said Patrick Kabuye of Army Family and Morale, Welfare and Recreation Sports and Fitness in

Ansbach, Germany. “Ansbach is participating because we believe in the benefits obtained by engaging actively in the health and physical fitness realm.”

The Army Strong B.A.N.D.S. is a popular program both overseas and at home.

“Our Garrison is participating because our patrons love it,” said Leflora Barlow, community activities coordinator at McAlester Army Ammunition Plant in Oklahoma. “We also work with the Child, Youth and School Services to get our children involved in getting and staying fit. Last year, we took the rock wall to the school care service for them to have a chance to climb on the wall. They really enjoyed it. This event brought our sports department, equipment issue facility and the school care services together for the event.”

This time around, the folks at McAlester plan to implement the swimming pool.

“This year, we are looking at other programs for CYSS and also involving our aquatics (out-

door pool) in the event,” Barlow said. “We are looking forward to another successful year.”

In proclaiming May 2013 as National Physical Fitness and Sports Month, President Barack Obama wrote: “With simple steps, all of us can make physical activity a way of life. This month, we recognize Americans who are choosing that future for themselves and inspiring others to do the same.

“We also take this opportunity to renew the call to action. I encourage business, faith, and community leaders to uphold physical activity as an important way to enrich our neighborhoods. I call on schools to make good health and exercise part of a good education. And alongside our friends and family, let each of us recommit to leading a healthy, active lifestyle, and setting our children on the path to a bright future.”

About the U.S. Army Installation Management Command:

IMCOM handles the day-to-day operations of U.S. Army installations around the globe – We are the Army’s Home. Army installations are communities that provide many of the same types of services expected from any small city. Fire, police, housing, and child-care are just some of the things IMCOM does in Army communities every day. Our professional workforce strives to deliver on the commitments of the Army Family Covenant, honor the sacrifices of military Families, and enable the Army Force Generation cycle.

Our vision: Ready & Resilient Army: Provide Soldiers, Families and Civilians with a quality of life commensurate with the quality of their service.

Our mission: IMCOM will synchronize, integrate, and deliver installation services and sustain facilities in support of Senior Commanders in order to enable a ready and resilient Army.

Army wins top award for innovations

By **CLAIRE HEININGER**
U.S. Army

The U.S. Army has been named one of the world’s most innovative research organizations, after earning more than 300 patents for new technologies in a three-year period.

The Army joins the ranks of private companies such as 3M, Apple, AT&T, Dow Chemical, DuPont and General Electric as one of the 2012 Top100 Global Innovators named by Thomson Reuters, the multimedia and information conglomerate. The U.S. Navy was also named, making the two service branches the first government agencies to make the list.

“This recognition is shared with the members of our Army science and technology community who perform research relevant for the Army and our important mission, and provide the innovation that contributes to a strong national security posture,” said Heidi Shyu, the assistant secretary of the Army for Acquisition, Logistics and Technology, who accepted the award on behalf of the service during a small ceremony at the Pentagon.

“Nearly 12,000 scientists and engineers perform their work daily knowing that it will benefit our Soldiers by providing them with the best technology available to successfully accomplish their mission,” Shyu said.

The award focused on all organizations having 100 or more “innovative” patents, defined as the first publication in a patent document of a new technology, from 2009-2011. Thomson Reuters then used its proprietary methodology to measure the organizations’ success on a variety of metrics, such as “influence” -- how often their research was cited by other innovators in their subsequent inventions -- and “success,” the conversion rate of patent applications to granted patents.

The Army scored well in both of those categories, with more than 8,500



Photo by Staff Sgt. Bernardo Fuller

(From left) Heidi Shyu, assistant secretary of the Army for Acquisition, Logistics and Technology; John E. Nettleton of the Communications-Electronics Research, Development and Engineering Center; and Bartley P. Durst of the Engineer Research and Development Center (Corps of Engineers) admire the award won by the U.S. Army when it was named one of the 2012 Top100 Global Innovators by the multimedia and information conglomerate Thomson Reuters.

citations of its inventions published from 2007-2011, and 327 granted patents out of 436 published inventions from 2009-2011.

The Army also stood out for the broad range of subject matter covered in its inventions portfolio, ranging from training software that uses virtual robots to dispose of simulated explosives, to a folding shield that protects the operator of a tank weapon station, to a vaccine that guards against infection by the Ebola virus.

“This illustrates how we attack many Army-unique problems, yet also contribute in wide-ranging areas,” said Dale A. Ormond, director of the Army

Research, Development and Engineering Command. “Our portfolio was heavy in weapons, ammunition and blasting, but also pharmaceutical products, polymers and computing.”

More than 900 individuals contributed to the Army’s patents, including personnel from RDECOM, the Army Corps of Engineers and the Army Medical Research and Materiel Command, as well as some of their partners from industry, government and academia.

Three of those individuals, representing all the Army innovators, were honored at the award ceremony, including Ronald E. Meyers of the Army Research Laboratory, who was the top innova-

tor with 11 patents; John E. Nettleton of the Communications-Electronics Research, Development and Engineering Center; and Bartley P. Durst of the Engineer Research and Development Center, Corps of Engineers.

The recognition by Thomson Reuters illustrates the depth, skill and dedication of the Army science and technology community and the impact of their efforts both within and beyond the military, leaders said.

“Our people operate in the space between the ‘state of the art’ and the ‘art of the possible,’ where innovation is paramount and focused on addressing needs unique to the Army,” Ormond said. “We also develop technologies that have a major impact once they leave the military world. It’s an incredible value for the taxpayer.”

In a constrained budget environment, deliberate investment in science and technology is essential to drive continued innovation, Shyu said. The Army is developing a strategic plan that will protect and facilitate science and technology efforts that are essential to Army modernization, addressing the state of emerging and evolving threats; trends in commercial technology; current and emerging equipment requirements; and research in core priorities that address Army-unique challenges.

While it is difficult to predict future technology developments, leaders expressed confidence in the Army workforce to continue accelerating innovation to give Soldiers the decisive edge.

“Army science and technology cannot survive without innovative scientists and engineers,” said Mary J. Miller, deputy assistant secretary of the Army for Research and Technology. “We are lucky to have an amazing group of scientists and engineers to invent, innovate, mature and demonstrate technology that provides increased capability to the warfighter.”

Army civilian engineer applies no-fear personality to career

ECBC

Lisa Smagala used to be afraid of heights, until she took a hot air balloon ride to challenge her fear. Guns made her nervous, so she went to a shooting range to test a few out. When Smagala thought she was an awful distance runner, she signed up for her first half marathon.

“I just like throwing myself into things,” Smagala said. “The only way I fully understand something is to touch it and feel it, so figuring out how things work and facing a problem head on is how I always approach things.”

At the U.S. Army Research, Development and Engineering Command’s chemical, biological center, Smagala serves as the systems integration team leader within the Advanced Design and Manufacturing Division’s Technology and Systems Integration Branch at Edgewood Chemical Biological Center.

Smagala has used her no-fear personality and disciplined work ethic to advance her skills as a systems engineer, bring success to her team and add value to her many projects.

As a female team lead in a field historically driven by males, Smagala never lets being the “small girl in the room” deter her from immersing herself in a field that truly piqued her interest.

“I really don’t mind getting dirty, or climbing around the vehicles turning wrenches,” Smagala said. “Although these days I don’t get to do it as much as I used to, that type of work is what really excites me. I’m a hands-on learner.”

Smagala has been in the systems engineering line of work for more than 10 years and spent her undergraduate years studying industrial engineering.

“A majority of my studies and the jobs that I’ve held were heavily male dominated,” Smagala said.

While she is used to the environment and feels comfortable in the atmosphere, she has encountered some difficult attitudes from time to time.

“Never at ECBC, but I have been in several situations where male customers would ask another male questions even though I’m the person in charge, or I may get treated differently. The best way I combat that is to just show them what I am made of,” Smagala said. “Work ethic, good results, drive and skill all speak on their own. While they may not ask me questions initially, it doesn’t take long for them to realize that I am capable.”

Although Smagala is someone who has always pushed herself, hard work is a trait that comes naturally. A strong work ethic and building relationships are the traits that Smagala thinks are essential to any engineer’s career -- male or female.

“You have to be committed to your job, be excited and want to see you programs succeed,” Smagala said. “I try to instill that value in our team to encourage members to work hard. Our Warfighters deserve a certain level of service, and we need to be able to deliver on that.”

Smagala’s first foray into engineering was not unlike her approach to conquering her fear of heights or challenging her ability to run long distances - she took a head-first and hands-on approach. At 18 years old, Smagala worked a summer job at the General Motors factory assembly line near her Delaware home. In her time with GM, Smagala started as a summer intern and became a full-time engineer by the time she graduated from

the University of Delaware with a bachelor’s degree in industrial engineering.

“I stayed with GM for about seven years and really enjoyed my job. Unfortunately the plant began to show signs of closing down, so I couldn’t stay as long as I wanted,” Smagala said. “It was because of the real exposure to the working world and manufacturing that I found the field exciting and fast paced.”

After GM, Smagala ventured into a completely different side of engineering and took on a job at WL Gore working with the company’s fabric division as a part of their testing lab/ manufacturing support. The difference between working on vehicles versus working with fabrics was immense to her.

“While it very different to transition from cars to fabric, I got a whole new view of manufacturing through the work we did in the lab,” Smagala said.

Although Smagala enhanced her skills in research and development and learned a lot through the process, she wanted to manage more than just a piece of the puzzle, so she started to pursue different opportunities --especially when she met Kevin Wallace through a mutual friend. Wallace, Smagala said, always talked about the exciting work he did at ECBC. It didn’t take Smagala too long to send Kevin her resume to see if ECBC could be a good fit for her.

“I gave Kevin my resume and about six to eight months later I got a call from the Advanced Design and Manufacturing Division inviting me in for an interview,” Smagala said. During her time with ECBC Smagala said she has truly pushed herself and really grown as an engineer.

High-profile projects she worked on

included the Buffalo vehicle, the Joint Explosive Ordinance Disposal Rapid Response Vehicle Surrogate and the Husky Mounted Detection System Surrogate.

In addition to her projects, Smagala earned a master of science in business administration from Wilmington University, and a master of science in systems engineering from Johns Hopkins University within three years while with ECBC.

“I just wanted to throw myself into it and complete all the programs. I felt very encouraged by my coworkers here who work so hard and are so passionate about what they do,” Smagala said. “I wanted to become more well-rounded and do as much as I could to fully understand and appreciate every opportunity.”

Smagala said her favorite project thus far with ECBC was the work with the JERRV Surrogate, a training vehicle for the Joint Improvised Explosives Defeat Organization. This was the first project that Smagala has had the opportunity to work with from cradle to grave.

“I have been involved with JERRV from the start and I got to see it from the initial fielding, to sustainment, training and enhancements for a fleet of 80 vehicles, so I feel a personal tie with that one. We spent a lot of time with the Soldiers during training and practical exercises and really got an inside look into their needs.”

Traveling 90 minutes each way to get to ECBC every day, Smagala uses the little free time she has to stay active in volleyball, kickball, dodge ball leagues and participates in obstacle course races. While her schedule can be stressful and exhausting at times, it is all worth it. Smagala believes it is hard to get stressed when you’re having fun.

Fill out CYSS survey by May 13

Continued from Page 1

a variety of activities to keep children and teens busy throughout the year.

A new EDGE! program this year is “Summer Nights Under the Lights,” where 9 - 18 year olds can catch the CYSS bus to Friday Night Orioles home games all summer long. Bus departs APG North (Aberdeen) Youth Center at 5 p.m., bus departs APG South (Edgewood) Youth Center by 5:30 p.m. Cost is \$28 per game, return times will vary. See APG MWR InDemand e-newsletter for a complete list of dates.

Another exciting EDGE! program is archery, offered at Outdoor Recreation’s Hunting Management Facility, for ages 7 - 18. Classes will provide basic instruction, skills development for all ability levels, and plenty of shooting opportunities. Classes will be held May 8, 15 and 22 from 4 - 6 p.m. (participants must attend all 3 classes). The bus departs the APG North (Aberdeen)

Youth Center at 4 p.m. and will return to the center at 6 p.m. Cost is \$16.50. Participants must register by May 3.

The CYSS Sports program also offers a variety of activities this summer. For example, the CYSS Sports Start Smart Baseball will teach children, ages 3-5, the basics of baseball with the help of their parents through skill stations that will progress each week. This class will occur every Monday May 20 through July 1 at the APG North youth center from 5:30 to 6:30 p.m.

Another popular sports program is Jr. Golf, which runs June 17- 30. In this program, children ages 5-17, will practice skills to include short game, long irons, sand shots, driving, putting, scoring and emphasizing etiquette and sportsmanship. Registration is held weekdays through May 30. Cost is \$70 per child.

For more information about all

upcoming CYSS Sports programs contact CYSS Sports Director Bill Kegley at William.m.kegley3.naf@mail.mil or call 410-306-2297.

SKIESUnlimited also offers a variety of instructional programs for children and teens, including drivers’ education, private piano and guitar lessons and more. The Unity Tae-KwonDo School of Martial Arts provides Tiny Tigers classes for ages 3 - 6, and Beginner and Advanced Tae-KwonDo for ages 7 - 14. Children who take TaeKwonDo classes develop discipline, self-confidence, strength and more. For more information, contact Joyce at conor.jjoyce.naf@mail.mil or call 410-278-4589.

Parents must register for all CYSS classes and programs through Central Registration Office located in Bldg.2503. For more information call 410-278-7571.

Shyu

Continued from Page 1

advancing in leadership while embracing not just your cultural values, but the values of others through inclusiveness,” said the Installation Equal Opportunity Advisor Tracy Marshall. “We are expecting a standing room only crowd. She is one of the highest ranking Asian Americans in the federal system.”

The event will also feature a martial arts demonstration, live entertainment, educational displays and food sampling. For more information, contact Marshall at 443-861-4366; Sgt. 1st Class Ryan Cole, 20th Support Command (CBRNE) at 410-436-0320; Sgt. 1st Class Howard Norcross, U.S. Army Test and Evaluation Command, 443-861-9251; or Linda Patrick, U.S. Army Public Health Command, at 410-436-1023. For disability accommodations, call 410-278-1023.

Archery

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equipment so that disabled veterans can participate.

“Even if you think you can’t do it, you should give them a call,” he said. “You probably can do it. The coaches are extremely positive and encouraging.”

Moody added he is grateful for the opportunity to learn archery without any fees.

“A vet couldn’t ask for more,” he said.

Joseph Singleton, a U.S. Coast Guard Vietnam veteran, said that he wanted to try archery to improve his flexibility and build another athletic skill. He is currently a martial arts instructor and personal trainer and is an accomplished power lifter who has competed in the Paralympic Games.

“I am a very competitive person,” Singleton said. “I want to put as much effort into this as possible. Maybe someday I will compete in the Paralympic archery competition.”

Coordinator Pamela Lehnert, from the Integrated Sports Program for Veterans National Rehabilitation Hospital Paralympic Sport Club, said that she helped develop a similar program at the Anne Arundel Archers club in Crofton, Md., which has up to 15 participants each week. She hopes to see similar success at APG.

The archery range is located next to APG North’s hunting management facility, Bldg. 550B1. Classes are held on Wednesdays from 11 a.m. to 1 p.m. For more information about participating in this program call Lehnert at 202-316-8623 or pamelaj.lehnert@medstar.net. For more information about MWR Outdoor Recreation’s archery range, call Outdoor Recreation at 410-278-4124 or visit www.apgmwr.com/recreation/odr/.

Armed Forces Day activities open to all

Continued from Page 1

Monday, May 13

The 7:30 to 8:45 a.m. registration and continental breakfast in the Sutherland Grille ends with a 9 a.m. Shotgun start. Play concludes 1 p.m. with a buffet luncheon followed by the awards presentations from 2 to 3 p.m. Cost for the tournament is \$70. Rain date is Tuesday, May 14. For more information or to register, contact Rik Bond, Golf Program manager, at 410-278-4794 or e-mail richard.j.bond.naf@mail.mil.

Wednesday, May 15

The morning starts out with a Veterans and Surviving Family Breakfast at the Main Post Chapel for area veterans and survivors of fallen service members, including Gold Star Mothers. The breakfast is fashioned as a way to embrace the community’s former service members while paying homage to the Survivors of the fallen. Scripture readings and Words of Comfort will highlight the ceremony. For more information, contact Annette Sanders, SOS support coordinator at 410-278-2861/7572 or e-mail casandra.a.sanders-nash.civ@mail.mil.

The main event begins 10 a.m. at the APG North (Aberdeen) recreation center with the APG Garrison hosting the Armed Forces Day opening ceremonies. Highlights include remarks by APG Garrison Commander Col. Gregory McClinton, and guest speaker Maj. Gen. Lee Price from the Joint Program Executive Office-Chemical, Biological Defense. Featured will be patriotic musical selections from Chapel Hill Elementary

School students; a POW/MIA Remembrance ceremony as well as a “Welcome to the Army” for Future Soldiers from local recruiting stations. Afterward, from 11 a.m. to 3 p.m., visitors and guests can roam the many displays and exhibits set up by APG organizations and check out all the technological advancements that benefit the nation’s warfighters and communities. Expect to see the latest innovations from tech-savvy units like the U.S. Army Communications-Electronics Command; Edgewood Chemical Biological Center; Army Test and Evaluation Command; Chemical Materials Agency; Medical Research Institute of Chemical Defense; 1st Area Medical Laboratory; Army Research Laboratory; Research, Development and Engineering Command; Assembled Chemical Weapons Alternatives; 20th Support Command (CBRNE); and more.

The day’s highlights include a concert by The Volunteers – Soldier-musicians from the U.S. Army Field Band – performing from 11:00 a.m. to 12:45 p.m. The hugely popular band tells the Army story through rock, pop, country and patriotic music. In addition, an Exceptional Service Award and a “Hero on the Home Front” award recognizing community members who have supported APG’s military and civilians will be presented during all events.

For more information, contact the APG Public Affairs Office at 410-278-8759.

Parking

While the main parking lot between the recreation center in bldg. 3326 and

the athletic center in bldg. 3300 will be closed to traffic, plenty of parking is available in the following locations:

The athletic center parking lot on Frankford Street; the tennis court parking lot behind the recreation center on Susquehanna Avenue; and two overflow parking lots on Erie Street opposite the recreation center and behind Melvin’s on one end and opposite the athletic center near the intersection of Erie and Frankford on the other end.

Thursday, May 16

The Military Appreciation Luncheon - the Harford County Chamber of Commerce Military Affairs Committee’s annual salute to APG’s Non-commissioned Officer of the Year, Soldier of the Year and Military Family of the Year - concludes the annual observance. Featured will be remarks from APG Garrison Commander Col. Gregory McClinton and guest speaker Dale Beatty, co-founder of Purple Heart Homes, a non-profit company that helps modify homes for disabled veterans. The luncheon will be held 11:30 a.m. to 1 p.m. at the Richlin Ballroom in Edgewood. Cost is \$20 and reservations are required. For more information, contact Karen Holt at 410-838-2020 or visit www.harfordchamber.org.

For more information about the 2013 Armed Forces Day activities check the APG News and APG social media sites at www.facebook.com/APGmd; www.twitter.com/USAGAPG; and www.apg.army.mil.

APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



LEADING FROM THE FRONT

Local members of the Sgt. Audie Murphy Club, a private Army organization for enlisted Soldiers and noncommissioned officers, gather for a photo shoot at the APG Garrison headquarters building, April 26 to let others know that a local branch of the SAMC will soon stand up at APG for Soldiers and NCOs who feel they have the qualities to be named one of the best in the Army. SAMC members must exemplify leadership characterized by personal concern for the needs, training, development, and welfare of Soldiers and concern for families of Soldiers, according to Sgt. 1st Class Keyana Washington, chapter president from Kirk U.S. Army Health Clinic.

"Induction into the SAMC is reserved for only the best of the best. Those who think they have what it takes should get their nomination packets ready." For more information contact Washington at 410-278-1887 or e-mail keyana.t.washington.mil@mail.mil.

Pictured are: Washington (front), and Command Sgts. Major James Ervin (Garrison); Allen Fritzsching (ATEC); Carlton Handy (AEC); and David Puig (20th Support Command); 1st Sgts. John Castillo (USAPHC) and Wayne Goode (22d Chem. Bn.); Master Sgts. Jeffery Arbenz-Smith and Adrienne Harris (1st AML) (USAPHC); Sgts. 1st Class Sergei Volodin (ATEC); Jessie Lopez; (ATC); Ryan Cole (20th Supt. Cmd.); and Marc Rattigan (USAPHC).

Photo by Yvonne Johnson



Photos by Rachel Ponder and Yvonne Johnson

PLANT THE PROMISE

(Left Photo) Samantha Devorak, and Tykel Wilson plant tulips in honor of National Red Ribbon Week at the APG South (Edgewood) youth center Oct. 25, 2012. The children and staff from the youth center and Army Substance Abuse Program planted these flowers to "Plant the Promise" of a drug free life-style. (Right photo) Red tulips bloom at the center as a living reminder of their promise to be drug free.



ASAP photo

APG'S TAKE BACK

The Army Substance Abuse Program and the Directorate of Emergency Services sponsored this spring's Drug Take-Back Campaign April 22-26. The APG community turned-in more than 80 pounds of expired, unused and unwanted prescription and over-the-counter drugs. "The large amount of medicines collected after six Take-Back campaigns demonstrates APG's commitment to rid their homes and work places of potentially dangerous medicines, reduce prescription drug misuse and abuse and increase public safety. It makes me proud," said ASAP Prevention Coordinator Cindy Scott. The next APG Take-Back Campaign will be held this September.



KINDLE WINNER

(From left) MWR's Earlene Allen special events coordinator presents a Kindle to Allison Silver of RDECOM during the grand prize drawing after the MWR Spring Bazaar at the APG North (Aberdeen) recreation center in April. Silver said she enjoyed the event which featured more than 40 vendors. "I was pleasantly surprised and I can't believe I won this," she said.

Photo by Yvonne Johnson